

THE **HARMONY**
OF **COLOUR** SERIES

B O O K S I X T Y E I G H T

UNDERWATER KINGDOM

RELAX AND UNWIND WITH
ADULT COLOURING

AUST \$12.95 NZ \$12.95 INC GST

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THE **HARMONY**
OF **COLOUR** SERIES

B O O K S I X T Y E I G H T

UNDERWATER KINGDOM

Stressed out at work? Are the pressures of the world getting you down? We guarantee relaxation with these complex Zen and anti-stress colouring pages for adults.

Harmony of Colour Book Sixty Eight: Underwater Kingdom offers detailed images and patterns that are chosen by experts for their soothing properties.

Be aware of the overall harmony of your colouring rather than focusing on each element individually. Try to balance the colours so that they are a reflection of your emotions of the moment. If the colours of your page are in harmony, then your mind will follow!

Now... grab your pencils or textas and de-stress...



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“Reality whistles
a different tune
underwater.”

— Tom Robbins —



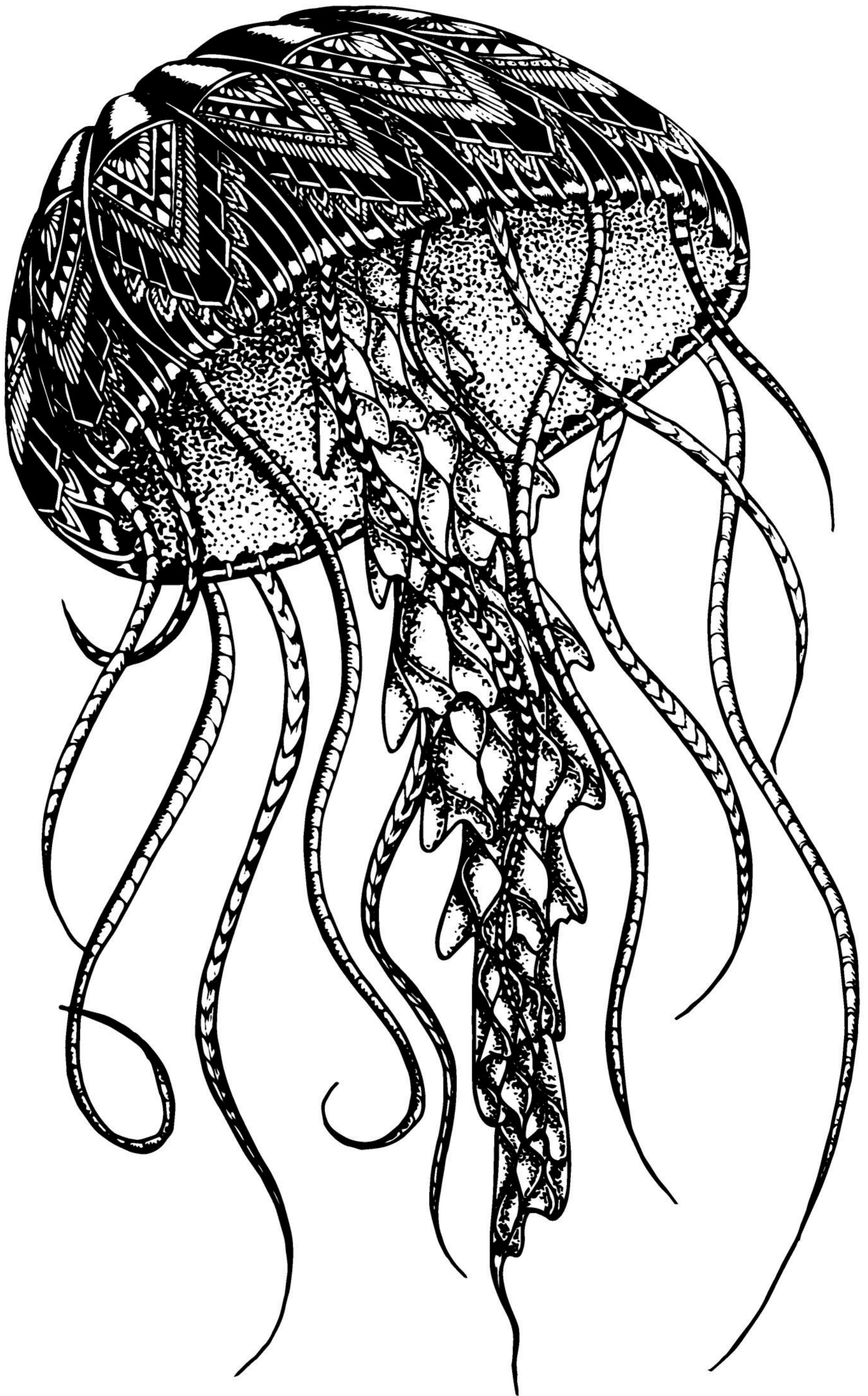
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“Everyone loves to fly
and flying underwater is
even better than flying
in air because there are
things around you.”

— Graham Hawkes —



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“There’s nothing wrong with enjoying looking at the surface of the ocean itself, except that when you finally see what goes on underwater, you realise that you’ve been missing the whole point of the ocean. Staying on the surface all the time is like going to the circus and staring at the outside of the tent.”

— Dave Barry —



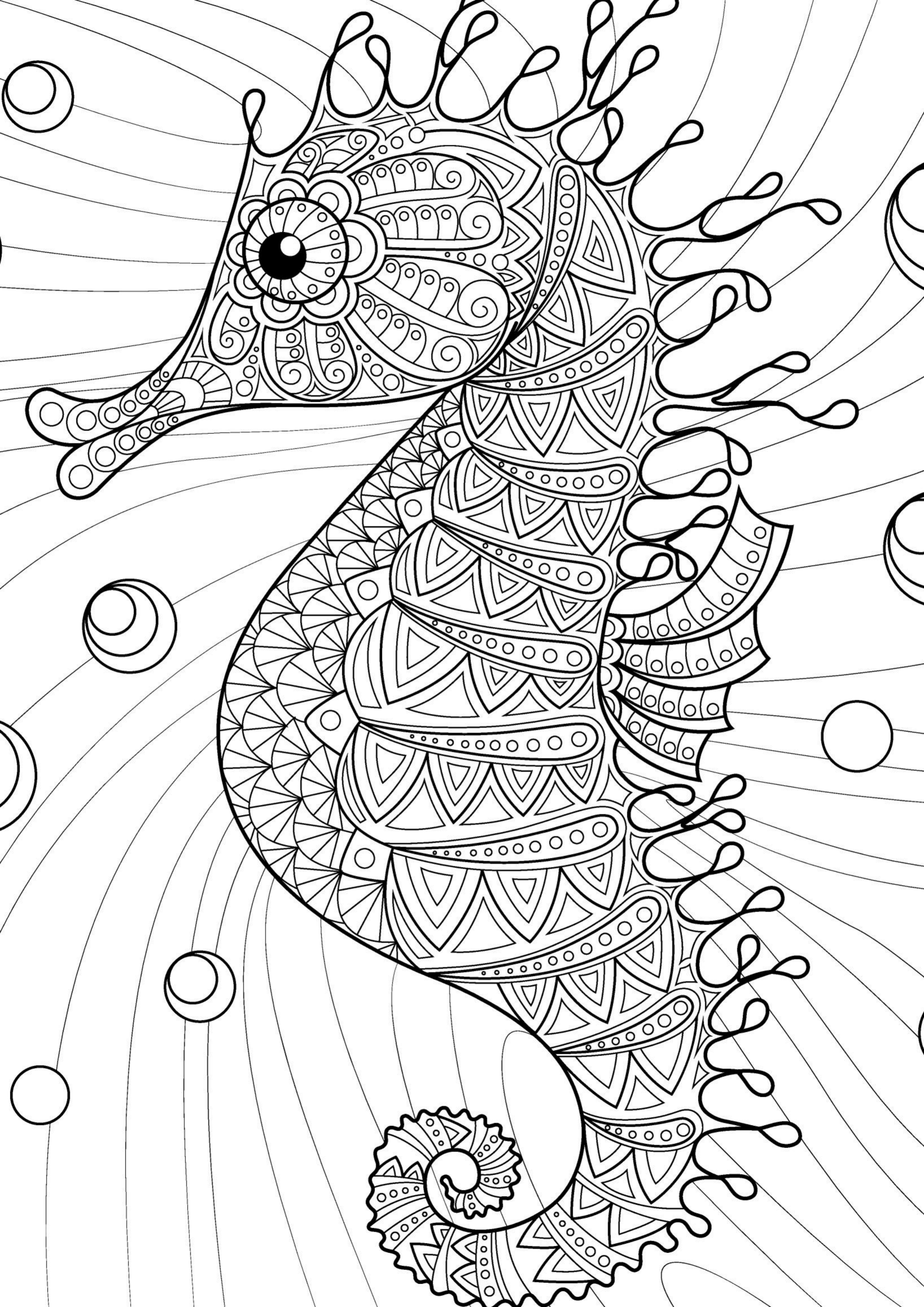
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“It is an old dream: to travel
on the back of a benevolent
sea beast down to some
secret underwater garden.”

— Stephen Harrigan —



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“The deep sea is the largest museum on Earth. It contains more history than all the museums on land combined, and yet we’re only now penetrating it.”

— Robert Ballard —



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“The future is in the hands of those who explore... and from all the beauty they discover while crossing perpetually receding frontiers, they develop for nature and for humankind an infinite love.”

— Jacques Yves Cousteau —



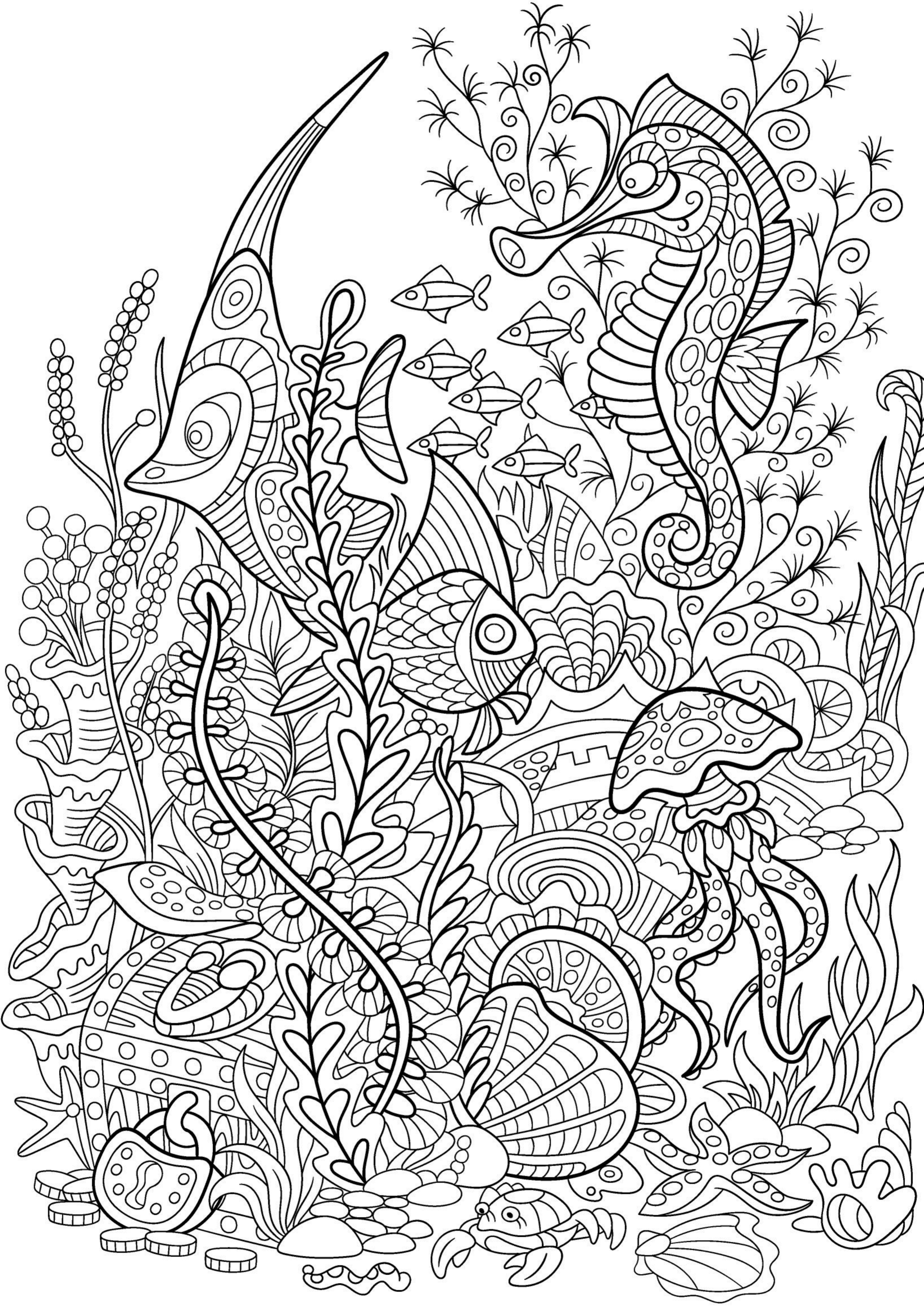
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“Knowledge of the
oceans is more than
a matter of curiosity.
Our very survival
may hinge upon it.”

— John F. Kennedy —



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“We shall not cease
from exploration,
and the end of all
our exploring will
be to arrive where
we started and
know the place for
the first time.”

— T. S. Eliot —



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“We know what
the surface of the
moon is better than
we know what the
surface of the
sea floor is.”

— James Garner —



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“To indicate how large a part of the Earth is covered by the oceans, we might call attention to the fact that a whole hemisphere, with its center near New Zealand, would have only one-tenth of its area as dry land! And the average depth of the seas is over two miles.”

— Paul J. H. Schoemaker —



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“Roll on, deep and dark blue
ocean, roll. Ten thousand fleets
sweep over thee in vain. Man
marks the earth with ruin, but his
control stops with the shore.”

— Lord Byron —



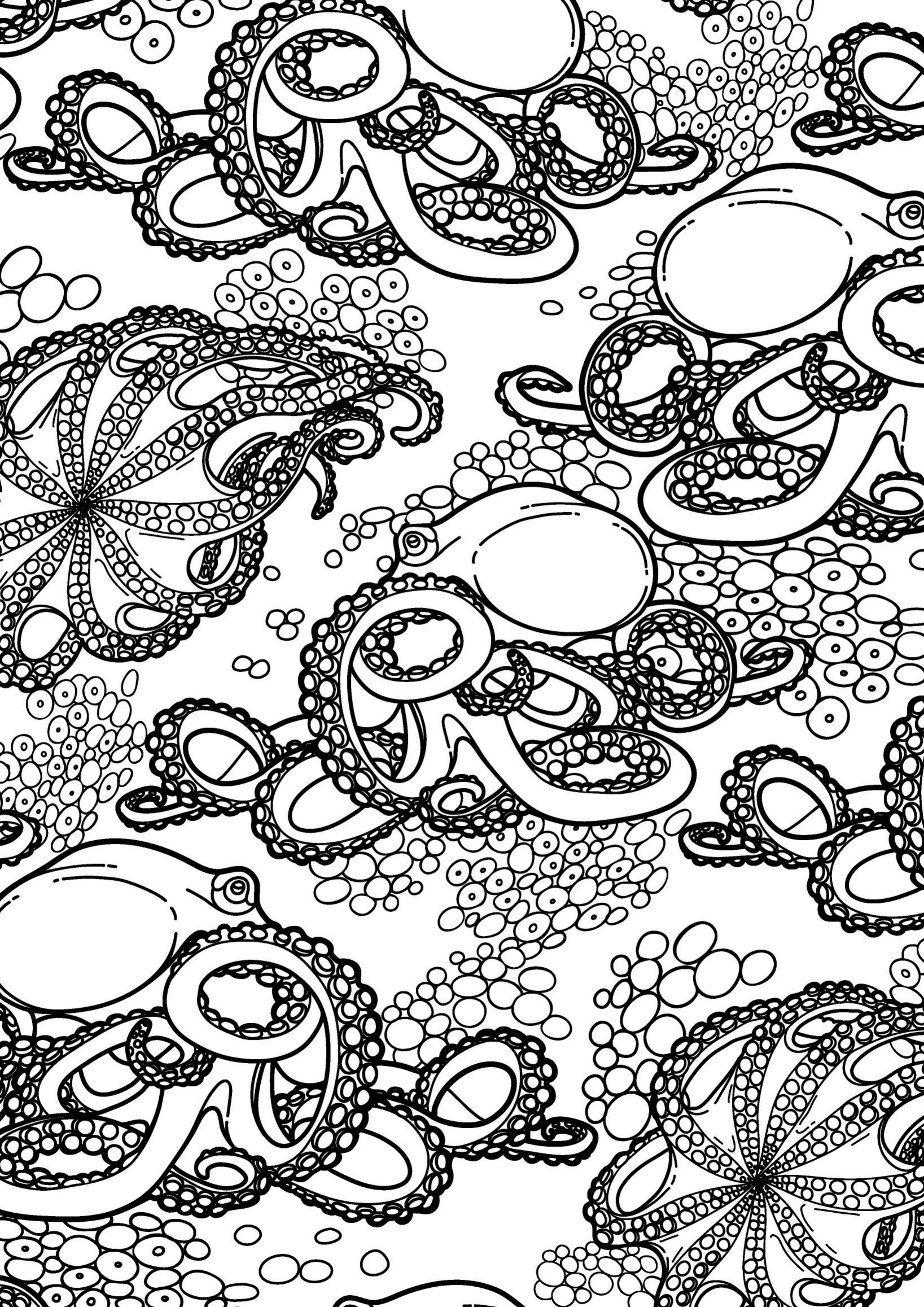
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“I’m an ocean, because I’m
really deep. If you search deep
enough you can find rare
exotic treasures.”

— Christina Aguilera —



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“The sea, once it casts
its spell, holds one in its
net of wonder forever.”

— Jacques Yves Cousteau —



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“Why do we love the sea? It is because it has some potent power to make us think things we like to think.”

— Robert Henri —



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“For whatever we lose
(like a you or a me),
it’s always our self we
find in the sea.”

— e. e. cummings —



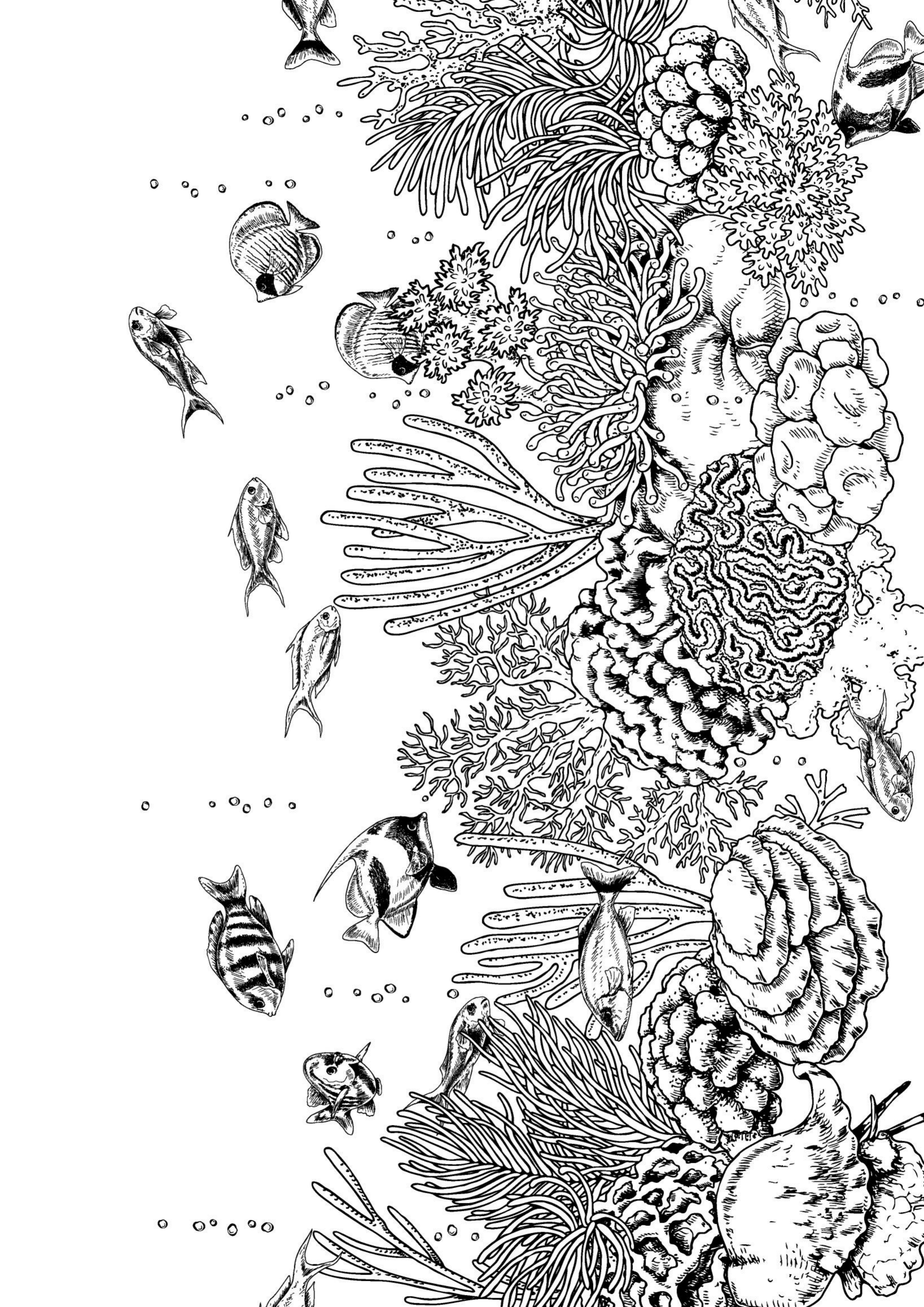
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“The cure for
anything is salt
water: sweat,
tears or the sea.”

— Isak Dinesen —



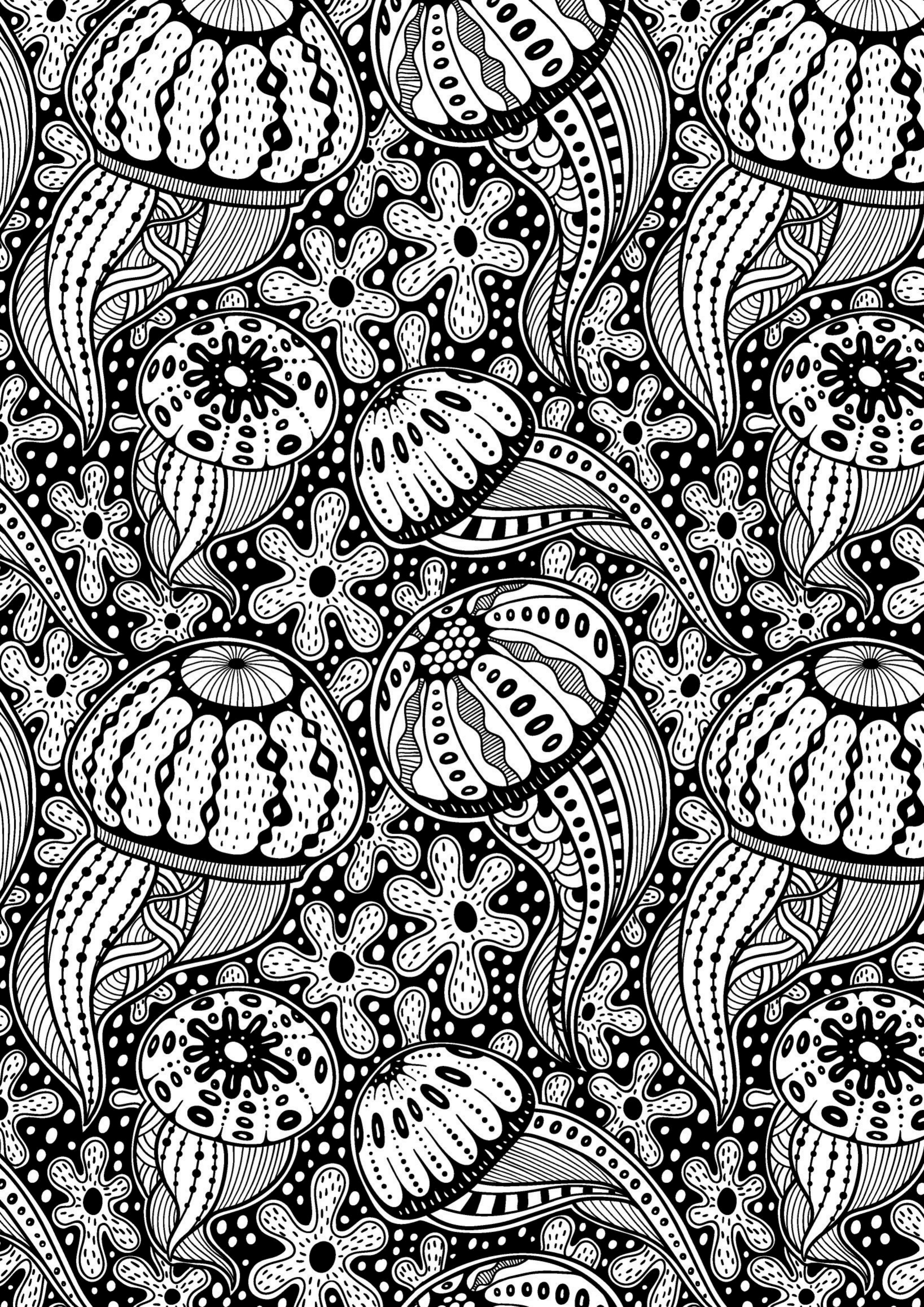
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“What would an ocean
be without a monster
lurking in the dark?
It would be like sleep
without dreams.”

— Werner Herzog —



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“The sea is everything.
It covers seven tenths of the
terrestrial globe. Its breath
is pure and healthy. It is an
immense desert, where man
is never lonely, for he feels life
stirring on all sides.”

— Jules Verne —



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“The voice of the sea
speaks to the soul.
The touch of the sea is
sensuous, enfolding the
body in its soft, close
embrace.”

— Kate Chopin —



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“Ocean is more
ancient than the
mountains, and
freighted with the
memories and the
dreams of time.”

— H. P. Lovecraft —



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“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.”

— Mother Teresa —



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“No human being,
however great, or
powerful, was ever
so free as a fish.”

— John Ruskin —



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“My soul is full of longing for the
secret of the sea, and the heart
of the great ocean sends a
thrilling pulse through me.”

— Henry Wadsworth Longfellow —



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“Mystery of mysteries, water and air are right there before us in the sea. Every time I view the sea, I feel a calming sense of security, as if visiting my ancestral home; I embark on a voyage of seeing.”

— Hiroshi Sugimoto —



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“I could never stay long
enough on the shore; the
tang of the untainted, fresh,
and free sea air was like a
cool, quieting thought.”

— Helen Keller —



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“Fishes live in the sea, as
men do a-land; the great
ones eat up the little ones.”

— William Shakespeare —



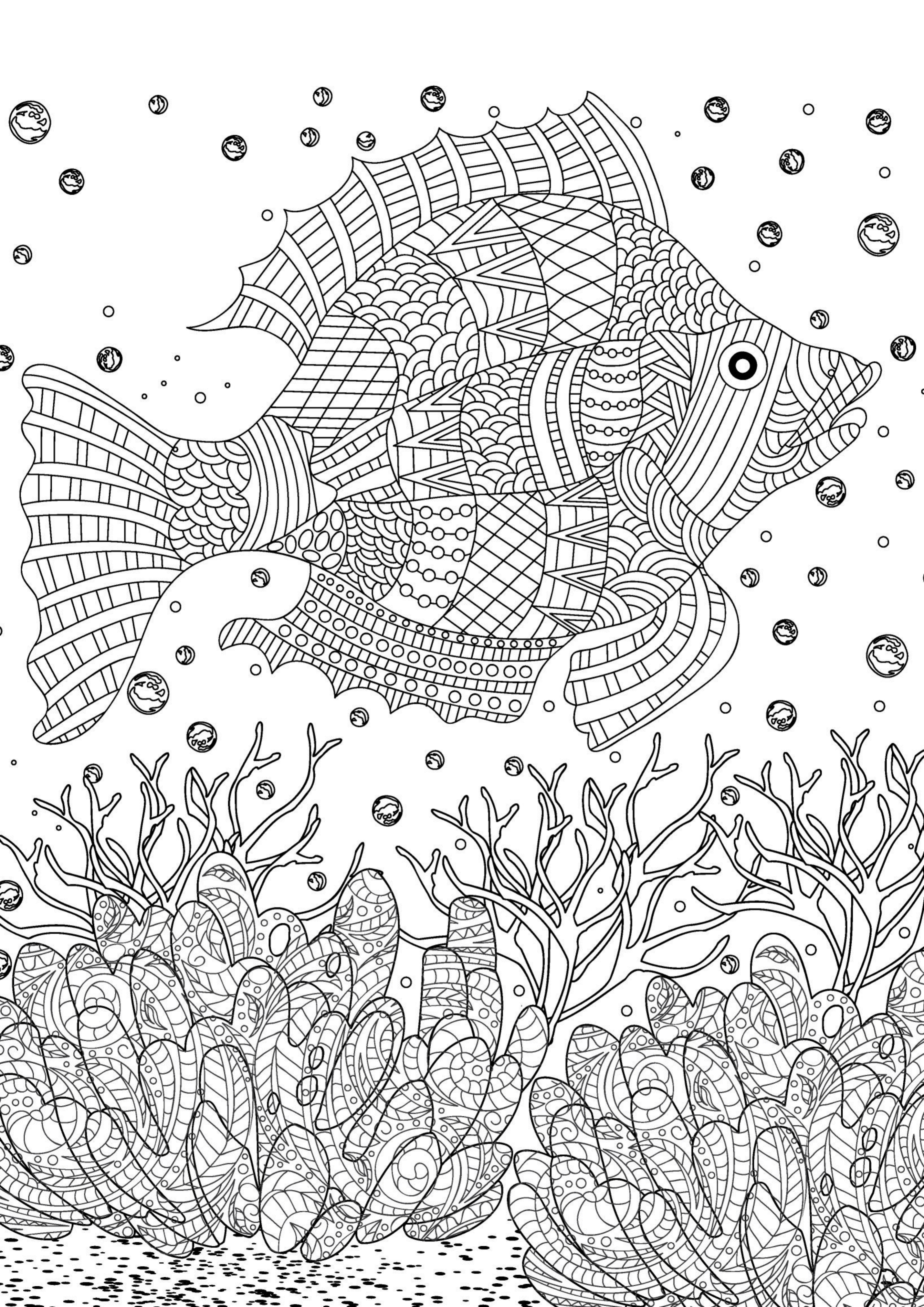
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“For every moment the sea
is peace and relief, there is
another when it shivers and
stirs to become chaos. It’s just
as ready to claim as it is to offer.”

— Tim Winton —



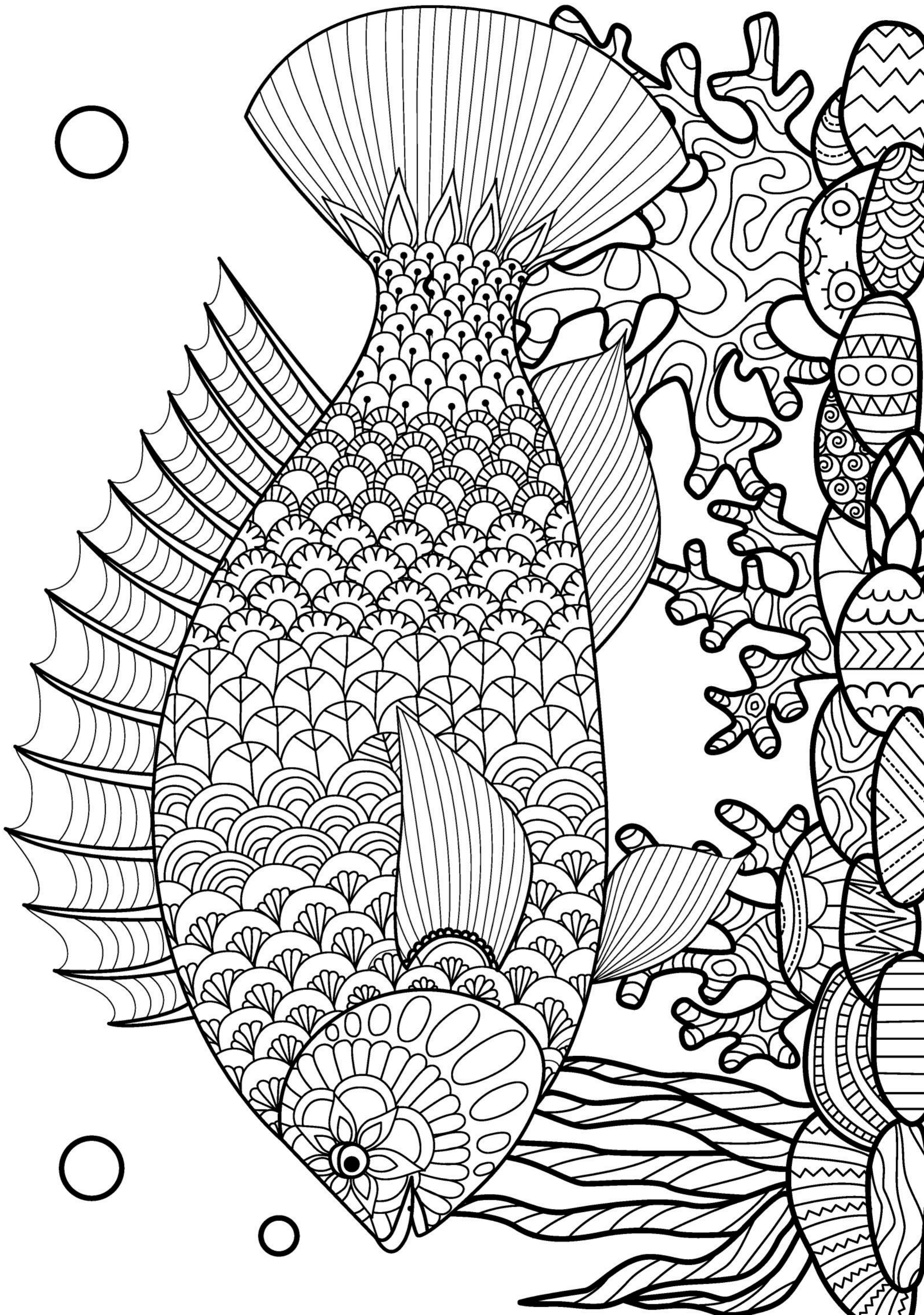
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“To me the sea is a
continual miracle; the
fishes that swim - the rocks
- the motion of the waves
- the ships, with men
in them, what stranger
miracles are there?”

— Walt Whitman —



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“The world’s finest wilderness
lies beneath the waves.”

— Robert Wyland —



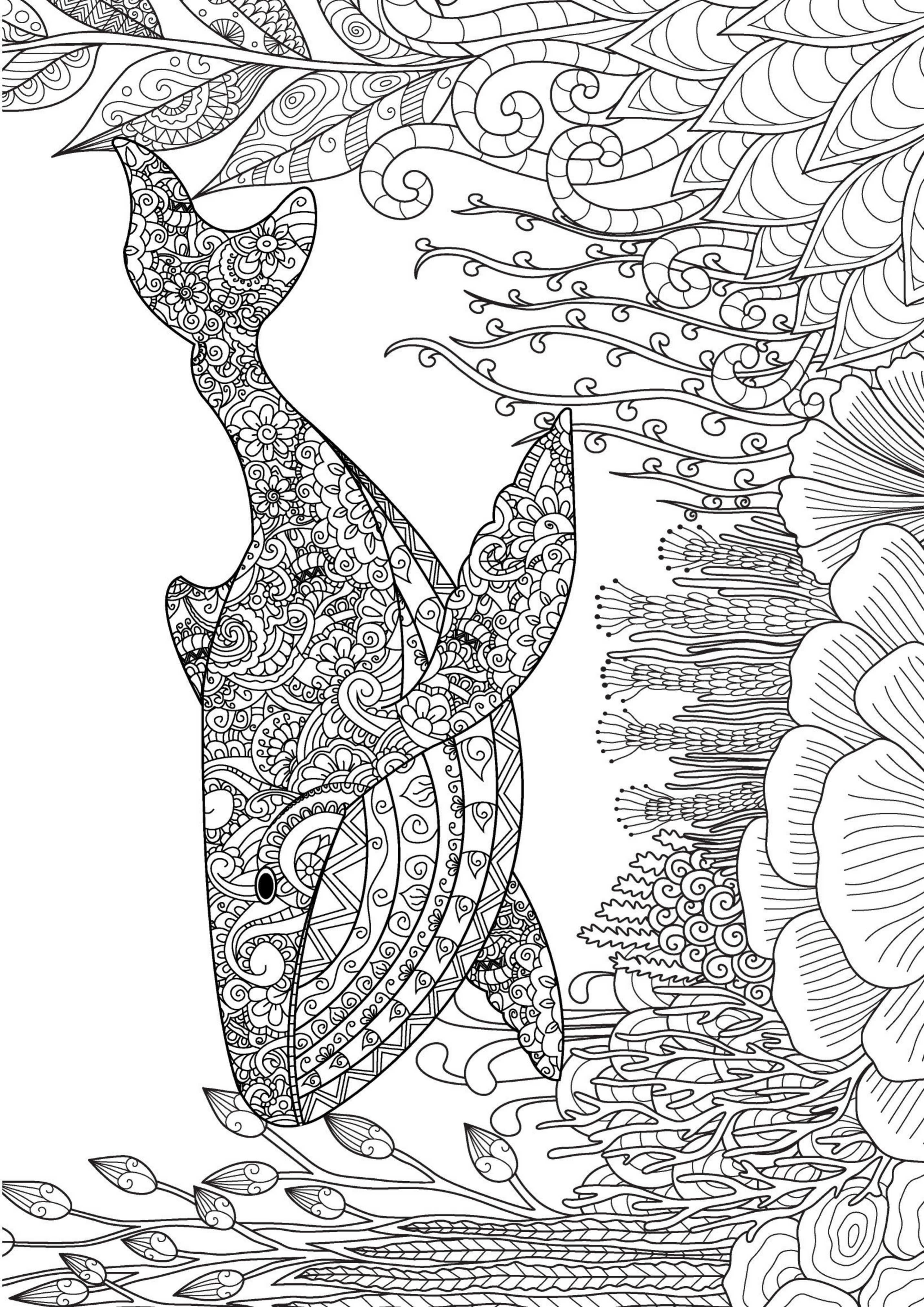
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“Life is life’s greatest gift.
Guard the life of another
creature as you would
your own because it is
your own. On life’s scale
of values, the smallest is
no less precious to the
creature who owns it
than the largest.”

— Lloyd Biggle, Jr. —



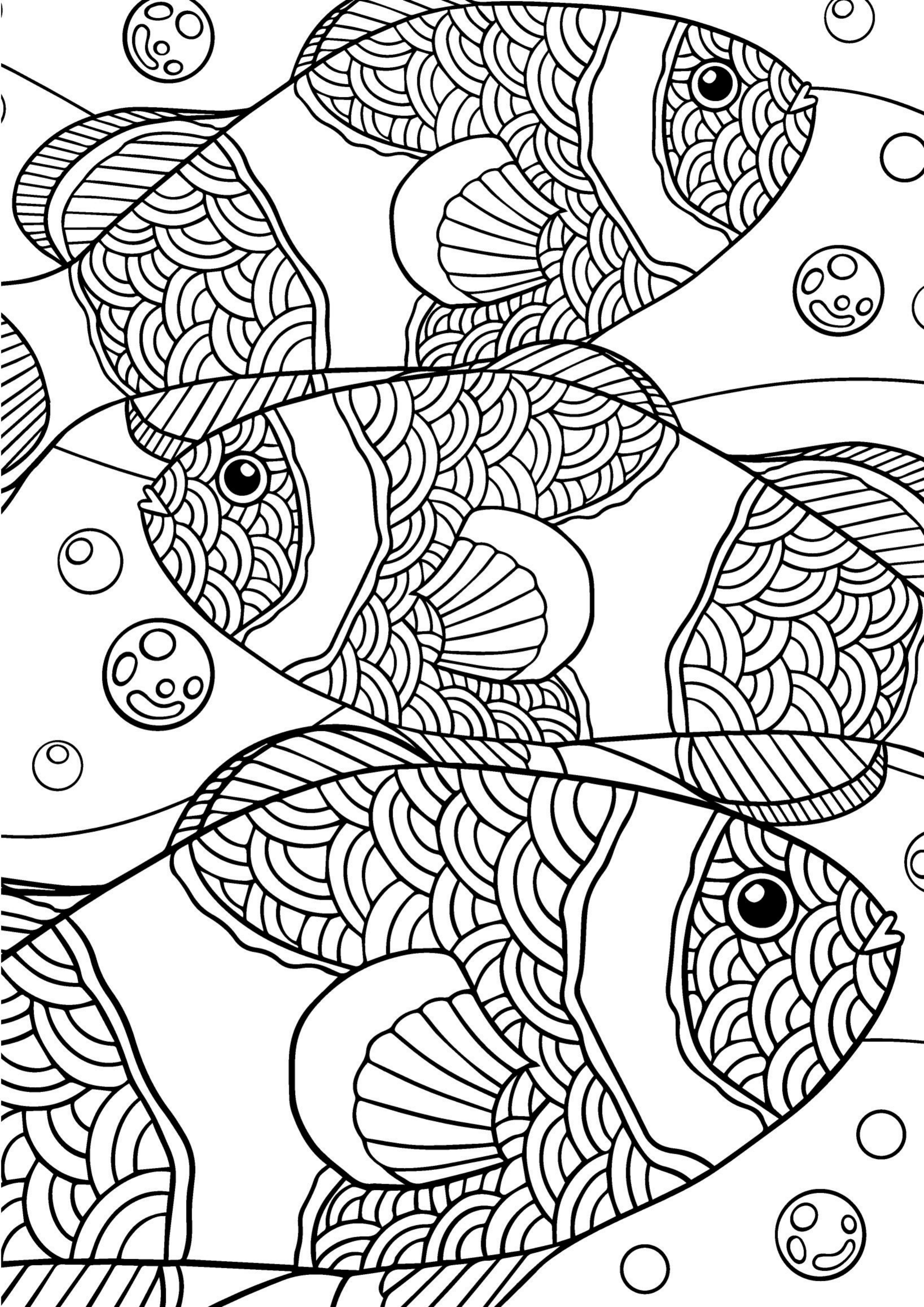
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“Water can be a blessing or a curse. Too often we make conservation about saving a whale, a coral reef or a marsh. But we don’t make it about saving life. The one thing that every single human being has in common is our need for water.”

— Alexandra Cousteau —



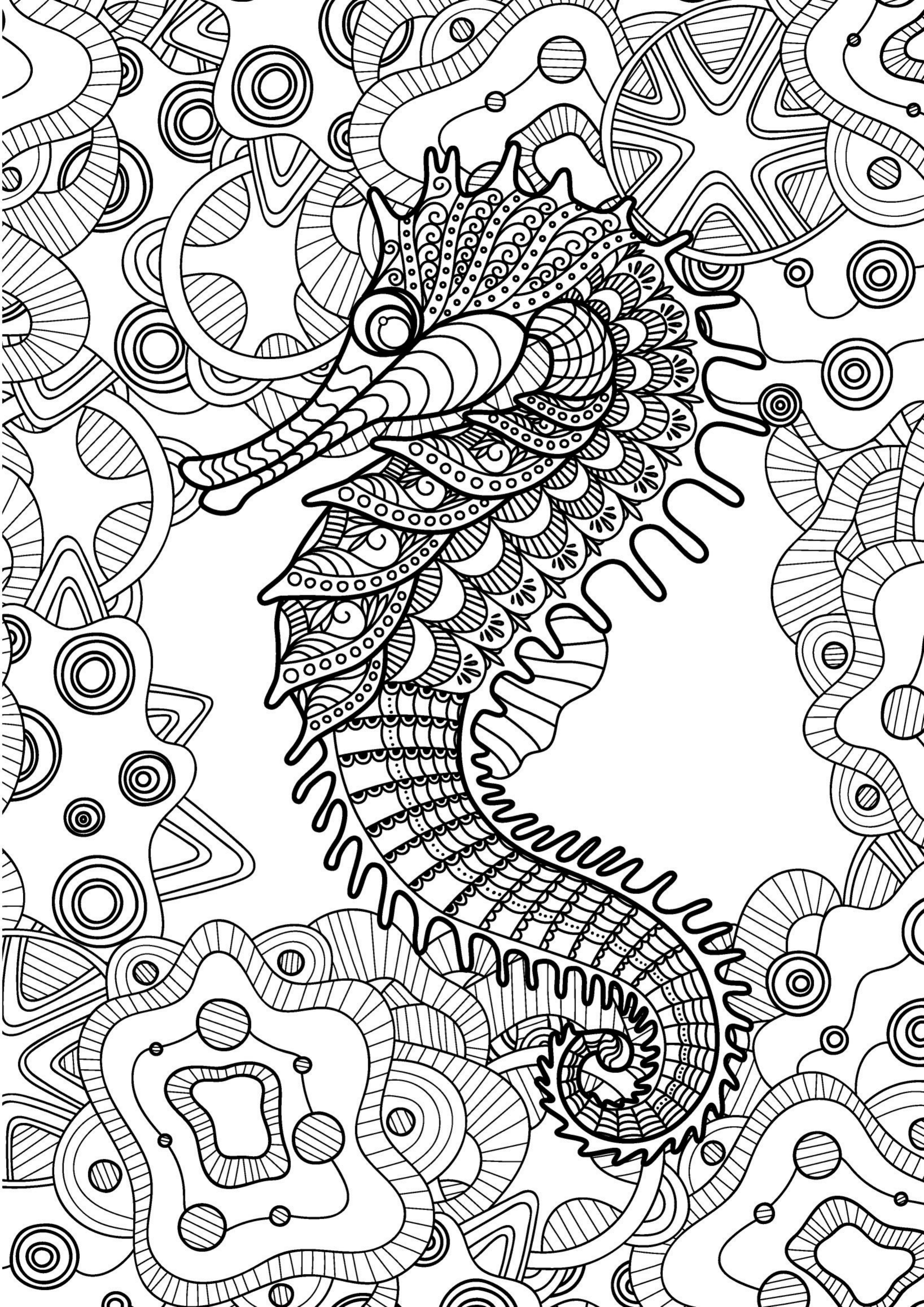
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“Just as the wave cannot exist for itself, but is ever a part of the heaving surface of the ocean, so must I never live my life for itself, but always in the experience which is going on around me.”

— Albert Schweitzer —



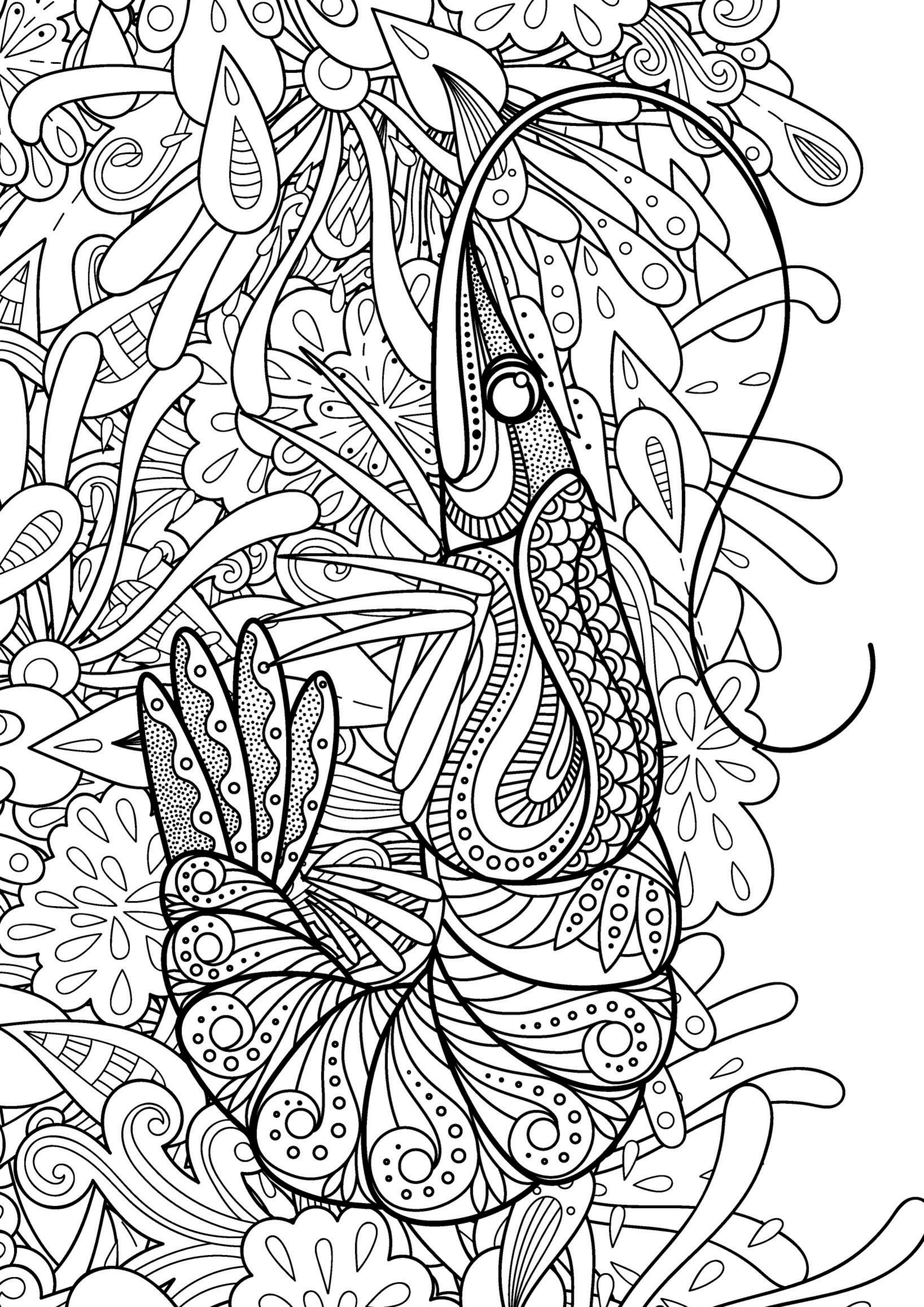
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“But more wonderful than
the lore of old men and
the lore of books is the
secret lore of ocean.”

— H. P. Lovecraft —



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“The sea is emotion incarnate. It loves, hates, and weeps. It defies all attempts to capture it with words and rejects all shackles. No matter what you say about it, there is always that which you can't.”

— Christopher Paolini —



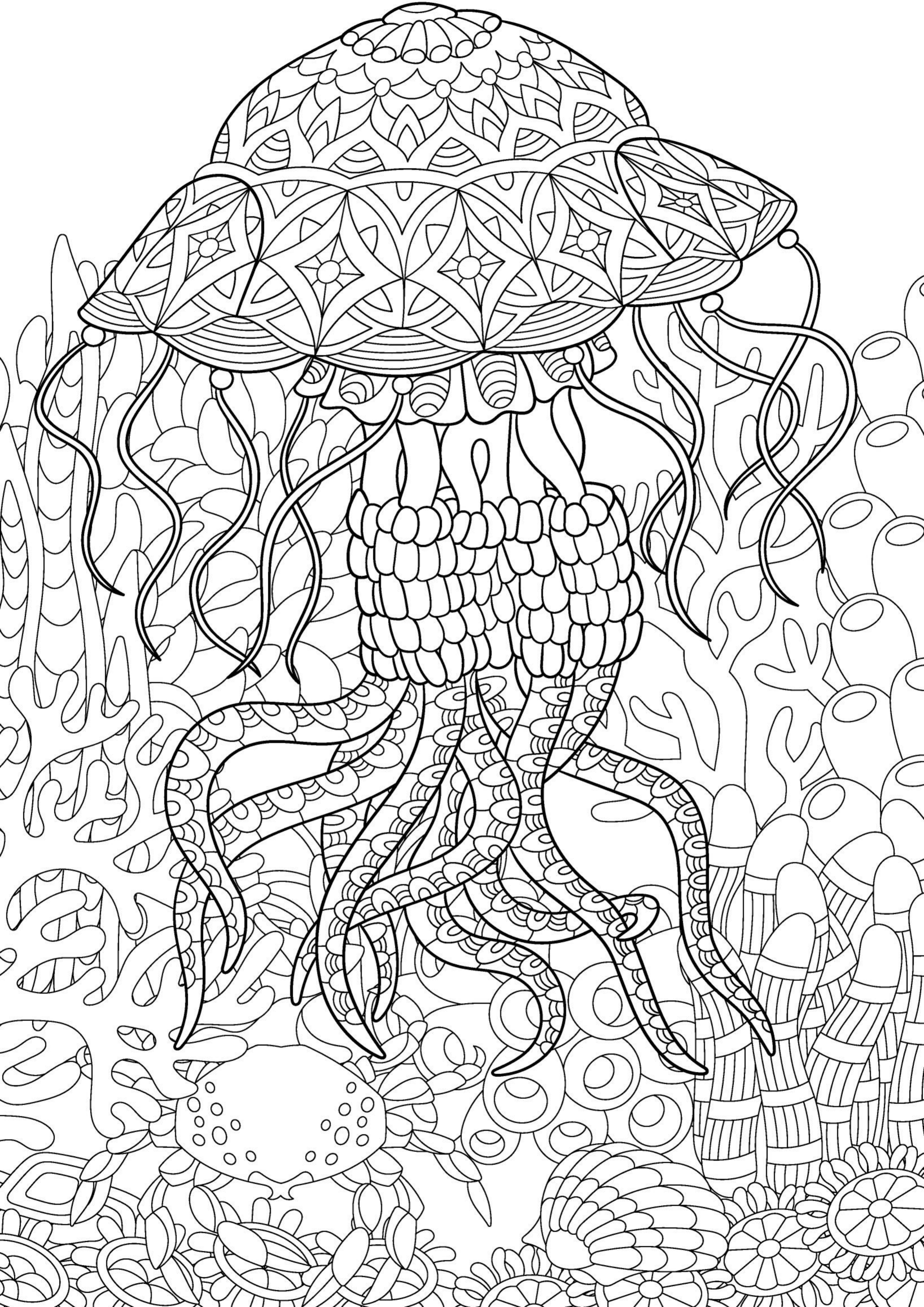
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“Because there’s nothing more beautiful than the way the ocean refuses to stop kissing the shoreline, no matter how many times it’s sent away.”

— Sarah Kay —



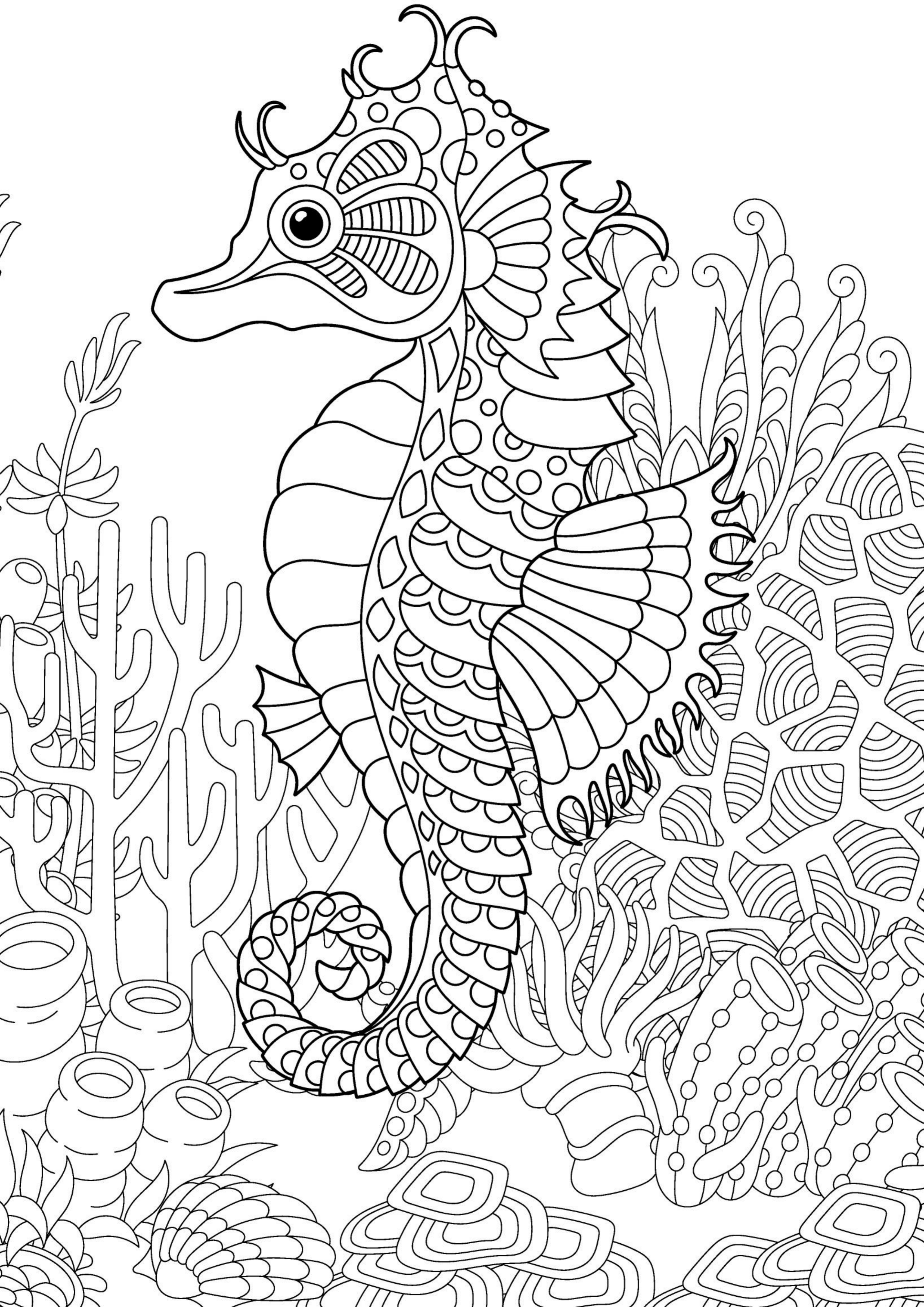
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“We never know the worth
of water until the well is dry.”

— Thomas Fuller —



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ADULT COLOURING

THE ENTIRE HARMONY OF COLOUR COLLECTION



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